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ST. JOSEPH COUNTY
DEPARTMENT OF HEALTH
Prevent. Promote. Protect.

MATERNAL & INFANT HEALTH PROGRAMS AND RESOURCE CATALOG

This catalog includes information about mental health, home visiting, and support programs for social needs for mothers and families before, during, and after pregnancy.

Most logos are clickable and will take you directly to each program's website.



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INDIANA CHAMP PROGRAM

Indiana Consultation for Health Care Providers
in Addiction, Mental Health & Perinatal Psychiatry

Register: <https://redcap.uits.iu.edu/surveys/?s=EHNAXJ83WP3FWPY>

Website: <https://medicine.iu.edu/psychiatry/clinical-care/integrated/champ>

ALL ABOUT CHAMP!

CHAMP is a FREE adult & perinatal psychiatry access program through the IU School of Medicine designed to support frontline providers in treating mental health in their patients.

Our mission is to partner with primary care providers across the state to deliver high-quality mental health & substance use treatment for adult patients.



Our Website



Register Here



We Provide:

*Same day
provider-to-psychiatrist
consultation line*

*Help with medication
management, diagnosis,
screening & treatment
planning*

*Community referral support
Educational opportunities*

We Serve:

*Any health care provider in
the state of Indiana who
works with adult patients.*

Contact Us!

M-F: 9am–5pm est.

**317-274-2400
CHAMP@iu.edu**



INDIANA CHAMP PROGRAM

Indiana Consultation for Health Care Providers
in Addiction, Mental Health & Perinatal Psychiatry



Indiana Consultation for Healthcare Providers in
Addiction, Mental Health, & Perinatal Psychiatry

START HERE: Provider needs consultation



CALL CHAMP!
317-274-2400

We offer free psychiatric
consultations to healthcare
providers M-F: 9am-5pm.

**CONNECT WITH
NAVIGATOR!**

We'll register you right away &
schedule a consultation with a
psychiatrist within 30 minutes
(or at your specified availability).



**RECEIVE
ASSISTANCE**

Speak to psychiatrist and then
we will email you a summary of
the consultation and additional
resources if desired.

CHAMP is supported by the Indiana Family and Social Services Administration,
Division of Mental Health & Addiction. The program is managed and provided
through the Indiana University School of Medicine Department of Psychiatry.

 **SCHOOL OF MEDICINE**
DEPARTMENT OF PSYCHIATRY

CRISIS HELP LINES

National

CRISIS TEXT LINE |

TEXT FOR IMMEDIATE ASSISTANCE

A live, trained Crisis Counselor receives the text and responds, from a secure online platform. Usually takes less than 5 minutes to connect you with a Crisis Counselor after a few basic questions. The goal of any conversation is to get you to a calm, safe place. This can include a referral to more help. **Text HOME to 741741** from anywhere in the USA, anytime, to connect with a volunteer Crisis Counselor www.crisistextline.org. (Chat available on website and WhatsApp)



CALL 988

The Lifeline provides 24/7, free and confidential support for people in distress, prevention and crisis resources. If you are thinking about suicide, are worried about a friend, or loved one, or would like emotional support, the Lifeline network can help. It's free and confidential. <https://988lifeline.org> (CHAT AVAILABLE)
Linea de Prevencion del Suicidio y Crisis: 1-888-628-9454
For TTY Users: Use your preferred relay service or dial 711, then 988



Crisis Hotline

St. Joseph County

HELP FOR ABUSIVE RELATIONSHIP, STALKING, or SEXUAL ASSAULT

24/7 SOS Crisis Hotline at 574-289-HELP (4357)

Serves as a one-stop help center for victims of domestic/family violence, sexual assault and stalking. The FJC works with other agencies to help victims and their families quickly and confidentially seek information, and easily access resources to help them escape the cycle of violence and move towards healing. All services located in one building. **Contact:** 1-574-234-6900 (Monday - Friday, 8:00am - 4:30pm) **Eligibility:** St. Joseph County Residents

MATERNAL MENTAL HEALTH VIRTUAL SUPPORT

National Maternal Health Hotline



CALL OR TEXT

The National Maternal Health Hotline provides 24/7, free, confidential support before, during, and after pregnancy. Parents and their loved ones who contact the Hotline will speak to professional counselors who will immediately provide real-time support, information and resources, including referrals to local or telehealth providers.

Call or Text 1-833-943-5746 (1-833-9-HELP4MOMS)

TTY users can use a preferred relay service or dial 711 nad then 1-833-943-5746

<https://mchb.hrsa.gov/national-maternal-mental-health-hotline>

Postpartum Support International HelpLine



HelpLine: ENGLISH AND SPANISH

Toll free telephone number anyone can call to get basic information, support, and resources. The HelpLine is not a crisis hotline and does not handle emergencies. Messages are returned every day of the week and are returned within 24 hours.

CALL: 800-944-4773, #1 En Espanol or #2 English

TEXT in ENGLISH: 800-944-4773

TEXT in ESPANOL : 971-203-7773

www.postpartum.net/get-help/psi-helpline



VIRTUAL

Over 20 different support groups available each week. Visit their website or call to find a group. (Free online support and referral to Volunteer Support Coordinators in the patient's area.)

800-944-4773

www.postpartum.net

Indiana Based PSI Support Groups



VIRTUAL

IU Health

Mondays, 10-11:30am , Thursdays 6-8:30pm
317-948-7308

Community Health Network

Tuesdays 11am
317-621-7998

Ascension St Vincent

Tuesdays 10:00-11:30am
317-582-7150

Mission Motherhood

Fridays 11:30am - 1:00pm
jennifer@dacac.org



MATERNAL MENTAL HEALTH

St. Joseph County Support Programs



PHONE SUPPORT AND REFERRALS

Mother's Matters is a free phone support and referral program for mothers who are experiencing emotional adjustment related to childbirth.

Contact person: Hatti Miller
574-647-3243 Hemiller2@beaconhealthsystem.org
Phone is answered Monday, Wednesday, & Friday from 9a -5p
Please feel free to leave a message outside of the hours listed and your call will be returned as soon as possible.

Eligibility: Any person who has delivered within the past year at or received services from Beacon Memorial Hospital.



IN PERSON and VIRTUAL

ROSE (REACH OUT, STAY STRONG, ESSENTIALS for new moms

ROSE is a program designed to give pregnant women the skills and information they need to lower their risk of postpartum depression.

Contact person: Kristen Marsh
574-647-7139 or KMarsh@beaconhealthsystem.org

Eligibility: Any pregnant women at any point during pregnancy. The program includes, four 60 minute sessions during pregnancy and one "booster" postpartum session via group, in person group and/or one-on-one sessions. The program teaches pregnant women to recognize the signs of depression and how to reduce stress by seeking social support, identifying supportive friends and family members, and knowing where to go for help. After the mothers complete the sessions during pregnancy and have their baby, they stay connected to the program to monitor for depression or needs for referrals.

HOME VISITING PROGRAMS

Pregnancy & Postpartum, St. Joseph County

Healthy Families



Memorial Hospital
Perinatal Care
Coordination

&
MBRACE



Nurse-Family Partnership



IN PERSON

Contact person: Roxanne Ultz 574-287-0541
www.fccin.org/healthy-families.html

Sign up link available on the website homepage.

ELIGIBILITY: Any parent in the St. Joseph County with a child three months old or younger, or pregnant mothers can sign up for this free program.

Healthy families helps expectant parents and parents of newborn babies by offering support and information about child development and what to expect as a new parent. Support specialists visit families at home on a regular basis to provide information, tools, and encouragement to be the best parent possible. Connection to resources also provided.

IN PERSON* and CALL

Contact person: Kristen Marsh
574-647-7139 or KMarsh@beaconhealthsystem.org

ELIGIBILITY: Pregnancy health and parenting information, connection to medical care and insurance, support to reduce and quit smoking, supplies and resources for pregnant women and infants up to 1 year, served by Beacon Health System and Memorial Hospital.

Pregnancy health and parenting information, connection to medical care and insurance, support to reduce and quit smoking, connection to supplies and resources.

*Home visits not required

IN PERSON - HOME VISITS - FIRST TIME MOTHERS

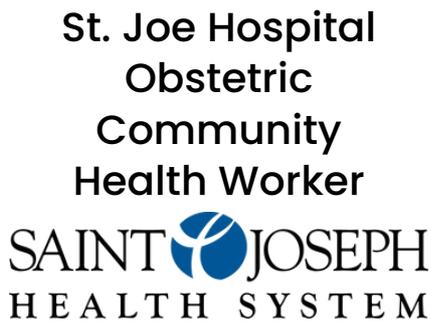
Nurse-Family Partnership pair first time mothers with a free personal nurse, during pregnancy and afterwards to promote healthy pregnancies and healthy babies.

Contact: 574-287-0541 nfp@goodwill-ni.org

Sign up for yourself or make a referral: <https://www.goodwill-ni.org/services/#nurse-family-partnership>

Facebook: <http://www.facebook.com/nfpni/>

Eligibility: To enroll, a woman must be fewer than 28 weeks pregnant with her first child and eligible for Medicaid insurance coverage in St. Joseph, Elkhart, or LaPorte County.



IN PERSON and CALL

Contact person: Patty Trowbridge
574-335-4670 or Hilda.Trowbridge@sjrhc.com

ELIGIBILITY: Pregnancy education and support for mothers delivering at St. Joe Hospital and until an infant is 1 year old. Pregnancy health and parenting information, connection to medical care and insurance, support to reduce and quit smoking, connection to supplies and resources.

*Home visits not required

Programs for Teens – St. Joseph County

Catholic
Charities ECHO
Education Creates Hope
and Opportunity



HOME-BASED CASE MANAGEMENT

The goal of ECHO is to provide support to young parents so they can stay in school and create a better future for themselves and their children by helping young parents finish their HSE (formerly GED) or high school diploma, find a job, or obtain scholarships and grants for college.

Contact: 574-234-3111 ccwr@ccfwsb.org

Eligibility: High school or GED students who are pregnant and struggle with challenges of parenting.

Young Mom's Self
Sufficiency
Program



IN PERSON

The Young Moms' Self Sufficiency Program (YMSSP) provides opportunities for young mothers to overcome complex barriers to self-sufficiency and decrease the possibility of abuse and neglect. Support and education in the areas of academic and employment goals, family health and nutrition, personal sense of competence and well-being, and foster a healthy relationship between parents and children.

Contact: Call 574-235-9231 to enroll in the program
www.ysbsjc.org/youngmomselfsufficiencyprogram

Eligibility: Pregnant or parenting mothers and fathers, age 16 and reside in St. Joseph County.

FREE DOULA PROGRAMS

Multiple Counties Served

A Doula is a trained professional who provides continuous physical, emotional, and informational support to their client before, during, and after childbirth to help them achieve the healthiest, most satisfying experience possible. Research examining doula care demonstrates remarkably improved physical and psychological outcomes for both pregnant, birthing, and postpartum people and their babies. [~DONA International](#)

BASE DOULA PROGRAM

Birth * Advocate*
Support *
Empowerment



IN PERSON

Offers free prenatal, labor, birth, and immediate postpartum support to families eligible for Medicaid insurance in St. Joseph, Elkhart, LaPorte, and Marshall counties.

"We see you. We hear you. We stand beside you."

Contact: Marchelle Pettit, Program Manager at 833-844-BASE (2773) or doulabase@goodwill-ni.org

Eligibility: Pregnant or immediate postpartum mothers eligible for Medicaid insurance.

Community Doula Services



COMMUNITY BASED

To help mom and baby with a healthy start the program offers: Doula services/Birth room support, support throughout pregnancy to baby's first birthday, breastfeeding education, baby boxes and breast pumps, appointment support, social support services and other referrals. Free.

Contact: 1-888-436-8527. doulacasemang@imhc.org

Self referral: <https://communitydoulaservices.org/self-referral>

Provider referral: <https://communitydoulaservices.org/provider>

Eligibility: Any pregnant or parenting woman with a child under the age of one who is eligible for Medicaid insurance.

ON-SITE PROGRAMS

During pregnancy and parenting

Hannah's
House of
Michiana



HOUSING DURING PREGNANCY

A faith-based agency offering a continuum of stable housing, home life, staff support and programming. Different levels of support are based on level of supervision and independence for residents.

Contact: 1-574-254-5309

Website: www.hannahshousemichiana.org

Eligibility: Pregnant women of all ages



ST MARGARET'S
HOUSE

VISIT LOCATION

A day center that welcomes women and children who live in economic poverty. St. Margaret's House provides meals, addresses immediate needs, and offers assistance through programs. Together, we work to break down barriers of isolation while discovering the unique talents and gifts of everyone who walks through our doors.

Contact: 1-574-234-7795 info@stmargarethouse.org

Address: 117 N Lafayette Blvd

Eligibility: Women and children living in economic poverty.

VISIT LOCATIONS

Free, confidential counseling, support, and education for pregnant women. Free pregnancy tests and ultrasounds. (Prenatal medical care not provided)

Community Health Workers from the SJC Department of Health also available for insurance navigation, connection to medical care and other resource needs.

Contact: Helpline 1-574-234-2341

counselor@womenscarecenter.org

Find a location: www.womenscarecenter.org/locations

Eligibility: Women and families in St. Joseph County.

Locations also available in other Indiana counties

WOMEN'S CARE CENTER



COMMUNITY HEALTH WORKERS (CHWS)

St. Joseph County

Available for everyone

Community Health Workers (CHWS)



IN PERSON - PHONE - TEXT

Based in neighborhoods throughout St. Joseph County to provide and connect community members to the resources they identify as needs. Examples include insurance navigation, food, transportation, housing, health, and safety.

Contact: 574-235-9750 or

Use this map to identify your census tract:

<https://www.in.gov/localhealth/stjosephcounty/health-equity-epidemiology-and-data-heed/community-connections/>

Then contact your neighborhood CHW here:

<https://www.in.gov/localhealth/stjosephcounty/health-equity-epidemiology-and-data-heed/community-health-workers/>

Eligibility: Anyone in St. Joseph County. Special prenatal community health workers serve clients at Women's Care Center locations in St. Joseph County.



MICHIANA MENTAL HEALTH CARE OUTPATIENT

A Beautiful Mind

Counseling &
Psychological Services

OUTPATIENT

A group private practice dedicated to providing excellent mental health and psychological services. They seek to provide the types of services usually found only in larger facilities, such as a full range of psychological testing, psychiatric services, and counseling services for children, adolescents, and adults.

Contact: 574-243-9370 or frontdesk@abeautifulmindinfo.com

Make an appointment online:

<https://www.abeautifulmindinfo.com/make-an-appointment>



COMMUNITY MENTAL HEALTH CENTER

Bowen Center offers a variety of caring and confidential Mental Health and Substance Use services to children, adults, and families. Services offered include physical health, emotional health, addiction recovery, autism services, life skill coaching, employee assistance program, student assistance program, crisis hospitalization, and transitional living.

Contact person: <https://www.bowencenter.org/patient-registration>

Eligibility: Everyone. Medicaid, private insurance, and Medicare are welcome, and no one is turned away for an inability to pay

Integrated Behavioral Health Team



A MEMBER OF **duly** HEALTH AND CARE

OUTPATIENT

The South Bend Clinic concentrates on treating the whole person. Our behavioral and mental health services are focused on each patient's needs and specifically developed to address the challenges that adults, adolescents, and children face. Our behavioral health team members collaborate to treat behavioral and mental illnesses and promote emotional wholeness and excellent psychological health.

Contact: Granger: 574-271-0700, South Bend -Portage Ave.: 574-204-6200, or South Bend-N. Eddy Street: 574-234-8161



Notre Dame Psychological Services Center

UNIVERSITY of NOTRE DAME

Department of Psychology



OUTPATIENT

This is a short-term counseling arrangement (up to 12 sessions within a 3-6 month period) with a volunteer licensed mental health professional at no cost to the client. Volunteer therapists need to have an active Indiana license and malpractice coverage.

Contact and Eligibility: Individuals, couples or families who do not have insurance or are otherwise unable to afford mental health counseling.

Apply to the program here: <https://forms.mhamichiana.org/>

OUTPATIENT

The Notre Dame Psychological Services Center (NDPSC) is a non-profit mental health service, training, and research center operated by the Department of Psychology at the University of Notre Dame. Services are provided by doctoral student therapists from the Ph.D. program in Clinical Psychology at Notre Dame. As our student therapists are not yet licensed, all of the services they provide are supervised closely by licensed Notre Dame faculty members. Sessions are recorded for training purposes, and the supervisor reviews the recordings to ensure the student therapists are providing the best care possible. The recordings are confidential and are used only to provide feedback to the student therapists.

The clinic director of the Notre Dame Psychological Services Center is Jennifer Hames, Ph.D., HSPP. The Clinical Psychology program at Notre Dame is accredited by the American Psychological Association. **Contact:** For adult individual therapy (age 18 and older) or marital therapy services, please call 574-631-9640.

For child and family therapy services (age 2-17), please call 574-631-0954. Please note that our phone lines are not staffed, so please leave a message and we will return your call as soon as we are able.

Eligibility: Adult Therapy (Individual and Marital Therapy), Child and Family Therapy, Child Assessment

PSYCHIATRIC CLINIC

A whole-person, wellness focused clinic seeking to provide psychiatric medication management, therapy, and meditation. This private-practice, outpatient model is committed to the mental wellness of individuals, their families, and our community. Psych Pointe's vision is to empower our clients through compassion, acceptance, and respect.

Contact: 1-574-314-5987

Website: <https://www.psychpointe.org/contact>

MICHIANA MENTAL HEALTH CARE INPATIENT AND OUTPATIENT

Memorial Epworth Center



INPATIENT

Memorial Epworth Center operates a 50-bed psychiatric hospital for adults and adolescents ages 13 and above. Services provided include short-term stabilization and support to people who are experiencing a psychiatric emergency that cannot be managed in an outpatient setting. Prior to discharge, patients and staff work together to create a safety plan and comprehensive discharge plan which includes linking patients to other, less intensive services to help prevent future emergencies. Patients who are hospitalized at Memorial Epworth Center need immediate intervention for their safety and the safety of others due to a mental illness. Our care, directed by board-certified psychiatrists, includes the diagnosis and treatment of conditions such as depression, anxiety disorders, bipolar disorders, schizophrenia and others.

Contact: Open 24 hours a day, 7 days a week, 365 days a year, including holidays. If you are experiencing a crisis, please call our Admissions Office at 574.647.8400.

<https://locations.beaconhealthsystem.org/in/south-bend/memorial-epworth-center>

OUTPATIENT and INPATIENT. 18 and Up

Treats acute around-the-clock psychiatric and mental health issues for patients age 18 and up at our safe and secure mental health facility located in Plymouth, Indiana. Adult patients may be experiencing problems with mood disorders such as depression, bipolar disorder, anxiety, grief/loss issues, aging issues, and so much more. This inpatient program at Michiana Behavioral Health for adults stabilizes the most acute symptoms in patients but also works with them to develop better social and coping skills to manage their stressors and triggers. Psychiatric inpatient, Detox inpatient, Chemical Dependency Intensive Outpatient. Telehealth.

Contact and Eligibility: Our Assessment and Referral specialists are available 24 hours a day, seven days a week to schedule a no-cost, mental health assessments. **Call 800-795-6252 or visit our facility to get started.** For questions about our programs, you can also use our online contact form. In the case of a medical emergency or crisis, please dial 911 or go to the nearest emergency room.





OUTPATIENT AND INPATIENT

Oaklawn provides mental health and addiction treatment for children, adolescents and adults in Elkhart and St. Joseph counties. Specialize services range from skills training and case management to outpatient therapy and inpatient care.

Services: Addiction services, Adult services, Child & Adolescent services, Child & Adolescent Residential Services, Crisis Services, Housing & Homeless Outreach, and Spiritual Care.

South Bend Access Center 24/7: 1-574-283-1234

Mishawaka Campus: 1-574-259-5666

To begin treatment at Oaklawn, come to an Open Access clinic during one of the days and times listed below. You do not need an appointment or to call ahead. Find the times here:

<https://oaklawn.org/our-services/#accessing%20services>

Eligibility: Any person who has delivered within the past year at or received services from Beacon Memorial Hospital.



INPATIENT PERINATAL PSYCHIATRIC PROGRAMS



PLEASE SEE LIST ON PSI'S WEBSITE

<https://www.postpartum.net/get-help/intensive-perinatal-psych-treatment-in-the-us>

Closest location is in Grand Rapids Michigan.



COMMUNITY & FAMILY PROGRAMS

St. Joseph County

DADs

Dedicated
Active Dads



IN PERSON

Contact person: Daniel Marshall
574-222-5482 Dcmarshall@beaconhealthsystem.org

A local program that offers fathers and father figures support and promotes healthy practices for families and co-parenting families through Beacon Health System.



HELP FOR ABUSIVE RELATIONSHIP, STALKING, or SEXUAL ASSAULT

Serves as a one-stop help center for victims of domestic/family violence, sexual assault and stalking. The FJC works with other agencies to help victims and their families quickly and confidentially seek information, and easily access resources to help them escape the cycle of violence and move towards healing. All services located in one building.

Contact: 1-574-234-6900 (Monday - Friday, 8:00am - 4:30pm)
24/7 SOS Crisis Hotline at 574-289-HELP (4357)

Eligibility: All families

Real Services
Family
Development



IN PERSON

Offers personalized assistance and resources to families with low-income including referrals, career and job guidance, vocation training, finance & budget lessons, housing guidance, childcare resource, parenting sessions and more.

Contact: 574-284-7128

<https://realservices.org/services/community-action/family-development>

Eligibility: All families

One Roof
Southeast
Neighborhood
Center



NEIGHBORHOOD CENTER

CHILDCARE: Head Start program for children 0 to 5 years old.

HEALTHCARE: Healthy U RX location, a full service sliding scale pharmacy.

YOUTH & SENIOR PROGRAMMING: Programs tailored to youth and seniors are forthcoming but we welcome all members of the neighborhood to come grab a coffee or just spend some time in our community space.

OTHER SERVICES: Bowen Center, Indiana WIC, Family & Children's Services "Brain Train" also operate out of the center along with dedicated community navigators to assist in connecting anyone to services and community resources they may need.

Contact: (574) 393-8809

Eligibility: Community members



Preparing parents. Protecting children.

HOME-BASED CASE MANAGEMENT

Short term case management services to families in crisis, connecting them to resources in our community. They assist in resolving situations so families can maintain stability and security. This program is free and funded by the Department of Child Services.

Contact: 800-752-7116 or 260-421-5000

Eligibility: Families with children living in the home ages 17 or younger. Families can not be receiving services from Healthy Families, be on probation, or in the Department of Child Services.



SUBSTANCE USE TREATMENT & SUPPORT

Indiana and St. Joseph County



CONNECTION FOR OPIOID USE RECOVERY IN PREGNANCY & POSTPARTUM

The program ensures individuals' privacy and confidentiality. The Pregnancy Promise Program connects individuals to prenatal and postpartum care, other physical and mental health care, and treatment for opioid use disorder. The Pregnancy Promise Program provides support during the prenatal period and for 12 months after the end of pregnancy. Through these supports and relationships, the Pregnancy Promise Program provides hope to parents and babies and sets a strong foundation for their future. Now offering a child care benefit for all enrollees.

Referral: Individuals, family members or healthcare professionals can make a referral using this link: <https://appengine.egov.com/apps/in/promise>

Email: PregnancyPromise@fssa.in.gov

Call: 888-467-2717 or 317-234-5336

Eligibility: The Indiana Pregnancy Promise Program is a free, voluntary program for pregnant Medicaid members who use opioids or have used opioids in the past. May enroll during pregnancy or the first 3 months postpartum.

SMOKING CESSATION

Smoke Free St. Joe (SFSJ) is a coalition established in 2009. We are health organizations, civic groups, businesses, schools, and individuals focused on reducing the burden of tobacco in our community and increasing the quality of life for all.

Working together, they create healthier and safer communities by providing tobacco education to prevent tobacco use, supporting smokers who want to quit, and avoiding unnecessary exposure to secondhand by supporting comprehensive smoke-free policies. Their steering committee includes representatives from Saint Joseph Health System, Harper Cancer Research Institute, American Lung Association and Indiana Department of Health.

Contact: Tobacco Education Coordinator - 574-335-4699.
Sandy Pointius: pontiusa@sjrmc.com



PREGNANCY AND INFANT LOSS SUPPORT LOCAL AND VIRTUAL



<http://www.angelofhopemichiana.org> The Angel of Hope Memorial Garden is located in South Bend's beautiful Pinhook Park, overlooking the St. Joseph River. The garden is surrounded by tall shade trees and flowering dogwoods. Flowers bloom in the planter that gently leads visitors along the brick pathway to the Angel of Hope statue. The memorial bricks which make up the 'Path of Lost Dreams' help families and other visitors to remember and pay tribute to those children, regardless of age, whose parents and families must go on without them. This organization holds several events throughout the year in honor of families and their children.



<https://cfhcare.org>

Individual and family support is available. Please call 574-255-1064 to talk about what would work best for you and your family. Individual, couple and family counseling is also available.



<https://ryansplace.org>

The mission of Ryan's Place is to provide support in a safe environment where grieving children, teens and their families can share their experience as they move through the healing process. Ryan's Place is dedicated to all children who grieve.

Vision

We believe that no child or family should grieve the death of a loved one alone.



<https://hopemommies.org>

Hope Mommies is a 501(c)3 non-profit Christian organization whose sole purpose is to come alongside those who have experienced miscarriage, stillbirth, or infant loss. We bring comfort, encouragement, companionship, hope, and biblical truth as bereaved mothers and families continue to walk this side of eternity without their beloved sons and daughters.

Hope Mommies of Northern Indiana

Facebook Page:

<https://www.facebook.com/groups/1189893537721311/>



<http://www.babiesgonetoo soon.org>

Losing a child during pregnancy or in the first year of life is a very difficult time for parents, siblings, and grandparents, friends, and family. We aim to help families find hope, strength, and support. We began when four mothers of Angel Babies came together to find a way to remember our babies. From the first Memorial Walk, we have expanded and been able to provide support, and help hundreds of people find strength and hope. Financial support for funeral expenses, including fee for obituaries in newspapers.



<http://firstcandle.org/bereavement/online-support-groups/>

First Candle's peer-to-peer online support groups are a safe and supportive place for individuals and their families to share information and experiences surrounding pregnancy and infant loss. As a member, you can connect with other people experiencing grief, anger, anxiety, and depression. Members of these support groups usually share their personal experiences and offer one another emotional comfort and moral support. You can contribute to ongoing conversations or start your own conversation with a question or a post about your journey.

First Candle offers online support groups for Sudden Infant Death, Stillbirth and Miscarriage.



www.mend.org

M.E.N.D. is here to provide hope and healing through your journey after the loss of your baby. M.E.N.D. (Mommies Enduring Neonatal Death) is a Christian, non-profit organization that reaches out to families who have suffered the loss of a baby through miscarriage, stillbirth, or early infant death. M.E.N.D. is a place for families to connect, share their unique story of loss, and learn to live life without your precious baby. Together we are breaking down the barriers associated with the isolation and sadness of pregnancy and infant loss as we strive to turn our children's lives into legacies.



<https://www.preeclampsia.org/get-support/our-stories>

Our Mission is to reduce maternal and infant illness and death due to preeclampsia, HELLP syndrome, and other hypertensive disorders of pregnancy by providing patient support and education, raising public awareness, catalyzing research and improving healthcare practices. We envision a world where preeclampsia no longer threatens the lives of mothers and babies.

You can read about other women's experiences with preeclampsia and add your story too.



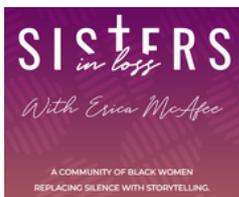
<https://rtzhope.org/support-group-faqs>

Provides holistic support, resources, and community for all people who have experienced unimaginable loss during the journey to parenthood.



<https://nationalshare.org>

The mission of Share Pregnancy and Infant Loss Support, Inc. is to serve those whose lives are touched by the tragic death of a baby through pregnancy loss, stillbirth, or in the first few months of life. The primary purpose is to provide support toward positive resolution of grief experienced at the time of, or following the death of a baby. This support encompasses emotional, physical, spiritual and social healing, as well as sustaining the family unit. Online support group.



www.sistersinloss.com

Sisters in Loss is dedicated to replacing silence with storytelling around pregnancy and infant loss and infertility of black women. The stigma and shame that comes with sharing loss stories prevent black women from achieving the healing they need to thrive in their new normal. Sisters in Loss holds space to present loss and infertility stories in a resourceful, culturally acceptable way to assure black women they are not alone on this journey.



www.unspokenstories.org

Honest stories of pregnancy, parenthood and loss are too often unshared. Let's tell the real story. Let's build a supportive community that gives voice to your experience, from the joys of parenting to the heartbreak of loss.

From the March of Dimes.

You can read other families stories and add your story, here:

<https://unspokenstories.org/submit/>

EMPLOYMENT AND PREGNANCY

THE PREGNANT WORKERS FAIRNESS ACT EXPLAINER

March 2023

What is the Pregnant Workers Fairness Act?

The Pregnant Workers Fairness Act (PWFA) is a landmark civil rights law that will ensure pregnant and postpartum workers are not forced off the job, and get the accommodations they need, without facing discrimination or retaliation in the workplace.

Specifically, the PWFA guarantees workers the affirmative right to receive reasonable accommodations for known limitations stemming from pregnancy, childbirth, and related medical conditions unless the requested accommodations would pose an “undue hardship” to the employer (similar to the familiar process in place for workers with disabilities). The law ensures that millions of pregnant workers, and those who have recently given birth, can protect their health without risking their paycheck. It is a major milestone for gender, racial, and economic justice across the country.

When does the Pregnant Workers Fairness Act go into effect?

The PWFA goes into effect on June 27, 2023.

What problem did the Pregnant Workers Fairness Act fix?

By guaranteeing a right to reasonable accommodations for pregnancy, childbirth, and related medical conditions, the PWFA closes a gap in federal law that left pregnant and postpartum workers without remedy if they needed accommodations in order to prevent health complications and keep working. Prior to the PWFA, existing law like the Pregnancy Discrimination Act only provided workers the right to receive accommodations if they could identify other similarly-situated people in their workplace who received accommodations – an insurmountable hurdle for most workers. Likewise, the Americans with Disabilities Act only provided the right to reasonable accommodations if the worker had a pregnancy-related disability. Before the PWFA’s passage, then, many workers who had a medical need for accommodations related to pregnancy had no legal protections and were often forced off the job and into financial precarity.

What rights do workers have under the Pregnant Workers Fairness Act?

Workers will now have a right to reasonable accommodation for pregnancy, childbirth, and related medical conditions, unless the accommodation would be really difficult or expensive (an “undue hardship”) for the employer to provide.

Some examples of reasonable accommodations include:

- Light duty, or help with manual labor and lifting
- Temporary transfer to a less physically demanding or safer position
- Additional, longer, or more flexible breaks to drink water, eat, rest, or use the bathroom
- Changing food or drink policies to allow a worker to have a water bottle or food
- Changing equipment, devices, or work station, such as providing a stool to sit on or adding a lock to a clean meeting room to turn it into a temporary lactation space
- Making existing facilities easier to use, such as relocating a workstation closer to the restroom
- Changing a uniform or dress code, like allowing wearing maternity pants
- Changing a work schedule, like having shorter work hours or a later start time to accommodate morning sickness

- Breaks, private space (not in a bathroom), and other accommodations for lactation needs
- Flexible scheduling for prenatal or postnatal appointments
- Remote work or telework
- Time off for bedrest, recovery from childbirth, postpartum depression, mastitis, and more

Workers have a right to reasonable accommodations as long as it would not be significantly difficult or expensive – an “undue hardship” – for their employers to provide. Undue hardship is based on factors like the cost of an accommodation and the employer’s financial resources.

- For example, it would likely not be an undue hardship for a multimillion-dollar corporation with thousands of employees to temporarily transfer a warehouse worker to a light duty position.
- Likewise, it would probably not be an undue hardship for an accounting firm to provide a clerk with extra breaks to use the restroom and drink water.

Workers will now have a right to accommodations for a wide range of needs “related to pregnancy, childbirth, or related medical conditions.”

- That includes common needs related to pregnancy and recovery from childbirth.
- Related medical condition includes lactation, mastitis, and more.
- A pregnant or postpartum worker does not need to have a pregnancy-related disability in order to receive an accommodation. This is a very important change to existing federal law.

Under the Pregnant Workers Fairness Act, an employer must have a good-faith conversation with a worker seeking reasonable accommodations about the worker’s needs and reasonable accommodations that could meet those needs. This is called the “interactive process.”

- The interactive process can occur in person, by phone, over email, or in other ways. For example, Human Resources might have a meeting with a pregnant worker requesting accommodations to discuss what job duties the employee can safely do, or talk about available positions that the employee could temporarily transfer to.
- A worker does not need to use any “magic words,” or mention the “Pregnant Workers Fairness Act” or the phrase “reasonable accommodation,” in order to start this process.
- The employer must respond to the request and engage in the interactive process promptly.
- Even if you’re not able to perform some of your main job duties, sometimes referred to as “essential functions,” it may still be possible to receive accommodations so long as you’re able to perform those duties in the near future and you only need the accommodation for a temporary amount of time.

Retaliating against a worker for needing, requesting, or using a reasonable accommodation is unlawful. An employer cannot force a worker to accept an accommodation that the worker does not want or need, or force a worker to take leave, whether paid or unpaid. For example, an employer cannot force a pregnant employee to accept a reduced work schedule or stop traveling for work, if the employee does not want or need those changes.

Who does the Pregnant Workers Fairness Act protect?

The law protects people who work for the government, and for private employers with at least 15 employees. In addition to full-time workers, the law also protects part-time, temporary, and seasonal workers as well as people applying for jobs.

What other laws protect pregnant and postpartum workers?

Other federal laws, including the Pregnancy Discrimination Act (PDA), Americans with Disabilities Act (ADA), the Family and Medical Leave Act (FMLA), and the Fair Labor Standards Act (FLSA), provide additional protections, such as the right to be free from pregnancy discrimination, the right to unpaid, job-protected time off, and the right to break time and space to express milk at work. State and local [pregnant workers fairness acts](#), [paid family and medical leave laws](#), [paid sick time statutes](#), and anti-discrimination laws provide further protections.

Where can I get help and learn more?

Call A Better Balance's free, confidential legal helpline at 1-833-633-3222 or visit our [Get Help, PWFA Resources, or Workplace Rights Hub](#) webpages. Even though the PWFA does not go into effect until June 27, 2023, you may have existing rights and protections that could help you, such as those noted above.

The PUMP for Nursing Mothers Act: What You Should Know



What is the Providing Urgent Maternal Protections (PUMP) for Nursing Mothers Act?

The [PUMP for Nursing Mothers Act](#) (“PUMP Act”) is a new law that makes several important changes to the [Break Time for Nursing Mothers law](#), which has required since 2010 that employers nationwide provide reasonable break time and a private, non-bathroom space for lactating employees to pump milk during the workday. The 2022 PUMP Act was passed to close some of the loopholes in the original 2010 law.

What changes were made by the PUMP Act?

The 2022 PUMP Act:

- Almost entirely closes the coverage gap that left 1 in 4 women of childbearing age without federal protection of their right to break time and a private space to pump during the workday. It expands the legal right to receive pumping breaks and private space to nearly 9 million more workers, including teachers, registered nurses, farmworkers, and many others.
- Makes it possible for an employee to file a lawsuit against an employer that violates the law. Before the PUMP Act became law, employees who were harmed when their employer did not provide break time and space were not able to seek a monetary remedy in court.
- Clarifies that pumping time counts as time worked when calculating minimum wage and overtime if an employee is not completely relieved from their work duties during the pumping break.

What rights do lactating employees have under the law?

Under the Break Time for Nursing Mothers law, as updated by the PUMP Act, employers of ALL sizes are required to provide a reasonable amount of break time and a clean, private space for lactating workers to express milk for up to one year following the birth of the employee’s child. The pumping space cannot be a bathroom. These protections apply regardless of the employee’s gender.

Employers that have fewer than 50 employees are covered by the law and must provide break time and space; however, they may be excused from complying when providing the required break time and space would impose a significant difficulty or expense (called an “undue hardship”). Undue hardship is extremely rare. In almost all situations, employers with fewer than 50 employees must provide the required break time and space.

Employees may have additional rights to receive break time, space, and modifications at work for lactation under other federal and state laws. See below for where to go for help.

Who is protected by the PUMP Act?

Thanks to the PUMP Act, nearly all workers are now covered by the federal lactation break time and space requirements.

Special rules apply to certain rail carrier and motorcoach employees. See below for more information.

The PUMP for Nursing Mothers Act: What You Should Know



Unfortunately, airline flight crewmembers (flight attendants and pilots) remain uncovered by the law. Airline employees who are not crewmembers are covered and have the same right to receive break time and space as employees in other industries. Many crewmembers – as well as workers in all industries – have a right to lactation break time and private space under other federal and state laws or through their employer’s internal policies. They may be able to receive break time and space as a reasonable accommodation under the [Pregnant Workers Fairness Act](#) when that law goes into effect on June 27, 2023. See below for information on where to go for help.

When does the PUMP Act go into effect?

The legislation’s requirement to provide lactation break time and space to previously uncovered workers (teachers, registered nurses, farmworkers, and others) went into effect on December 29, 2022. The law’s expanded enforcement provision, which gives a right to file a lawsuit for monetary remedies, included a 120-day delay, making the effective date for that provision April 28, 2023.

In addition, there is a 3-year delay in the implementation of the protections for certain rail carrier and motorcoach employees. See below for more information about these employees.

What can an employee do if their employer refuses to comply with the law?

If an employer refuses to comply with the law, employees can take action in a number of ways:

1. Employees can file a complaint with the U.S. Department of Labor Wage and Hour Division (WHD) by calling the toll-free number 1-800-487-9243 or by visiting www.dol.gov/whd. An employee will then be directed to the nearest WHD office for assistance, and WHD will investigate. It is illegal for an employer to fire or discriminate against an employee for filing a complaint.
2. Employees may also contact the free helplines from the [Center for WorkLife Law](#) and/or [A Better Balance](#) for assistance in understanding their legal rights and options. (Helpline support is available in English and Spanish, with other languages on request.)
3. Employees may choose to file a lawsuit against their employer.

A lawsuit can be filed right away in the following circumstances:

- For violations of the break time requirement.
- If the employer has indicated it has no intention of providing private space for pumping.
- If an employee has been fired for requesting break time or space.

It is important to be aware that to be allowed to file a lawsuit for a violation of the lactation space requirement, an employee must notify their employer that an adequate space has not been provided. Employees must do this 10 or more days before filing a lawsuit in court. Informing an employer that the lactation space is not adequate may give the employer an opportunity to provide what is needed.

* An employee does not need to file a complaint with the Department of Labor before filing a lawsuit.

What rules apply to rail carriers and motorcoaches?

Rail carriers are covered by the PUMP Act, but there are a few differences in how the law is applied for (1) members or train crews involved in the movement of a locomotive or rolling stock, and (2) rail carrier employees who maintain the right of way. For these employees, the law will go into effect on December 29, 2025. Additionally, for these employees, the rail carrier employer is not required to take actions that would require significant expense (for example, adding an additional train crewmember or removing seats). It is not a “significant expense” to install a The PUMP for Nursing Mothers Act: What You Should Know curtain or other screening device. Rail carrier employers are also not required to take actions that would be unsafe for employees who maintain the right of way.

The PUMP for Nursing Mothers Act: What You Should Know



How does the PUMP Act interact with state and local laws?

Information on the law: The Department of Labor is responsible for the enforcement of the law. Find information and guidance on the [Break Time for Nursing Mothers](#) webpage.

Examples of how to make it work: The Office on Women's Health hosts the [Supporting Nursing Moms at Work](#) website, a searchable resource featuring examples of time and space solutions from businesses across the country.

Help understanding or enforcing the law: A Better Balance and Center for WorkLife Law are nonprofit organizations that host free and confidential legal helplines where an employee can get answers to their questions:

- Contact the Center for WorkLife Law helpline by emailing hotline@worklifelaw.org or calling (415) 703-8276.
- Contact A Better Balance by calling 1-833-NEED-ABB or using the [online form](#).

CONTACT



To Add Your Organization To This Catalog or Provide Edits to Existing Information

Please email details to:

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